Personal Statement: Mold Toxicity & Exposure

Sierra Vanessa Carbary

TENANT (AUTHOR)
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RECIPIENTS
CC:Homes For Good Housing Agency (foundation@homesforgood.org)
Case Manager: Kim Lucas (klucas@homesforgood.org)
AG Campus Housing, (info@agcampushousing.com)
Property Manager: Krystina Shank (krystina@agcampushousing.com)
ATTN: Kristina Becker, Peter Becker, Lea Gessford, Azlea Gessford

To whom this may concern,

Please ensure this notice is immediately forwarded to all relevant parties within AG Property Management, including ownership, operations leadership, and maintenance personnel, so the situation receives proper attention without delay.

INTRODUCTION

This personal statement introduces a complete symptom report of mold toxicity due to long-term exposure, and to highlight the direct impact it's had on my health. I went from the best health of

my life - mentally, physically, spiritually, and emotionally - coming out of prison, to the absolute worst health of my life, all while living in this unit at 1840 Onyx Aly Apt B, Eugene, OR 97403.

NEWLY DEVELOPED CONDITIONS

Since residing here in 2022, I've developed a range of symptoms identical to long-term mold exposure - conditions I have never experienced before: **dyshidrotic eczema, PTSD, ADHD, depersonalization, detachment, shock, emotional dysregulation, sudden weight gain, circulatory issues, new-onset asthma, wheezing, severe gastrointestinal distress, hair loss, blood sugar instability, cold extremities, hypothermia, abdominal pain, nutrient deficiencies, histamine intolerance, shortness of breath, and tingling in extremities**.

ADDITIONAL CONDITIONS

Despite the following conditions not being typically listed in standard indexes, the fact they never existed in my medical history, indicates they may very well be mold related. These conditions include **agoraphobia, tear dysfunction, exfoliative cheilitis, severe hormonal acne, and social isolation**.

DOCUMENTATION

None of these conditions were present in my medical history prior to living in this unit. My doctor, counselor, and disability attorney from the past few years, have records of these symptoms - none of them aware that I have an ongoing mold problem, due to the fact that I

didn't know I had an ongoing mold problem. But now that I do, they'll be notified immediately & receive this report along with the one I previously submitted.

NOT A MOLD EXPERT

I want to reiterate that I was unaware of an ongoing mold issue because I hadn't seen active visible mold. The one time I did, I realized it was due to removing my dehumidifier from the window unit—once I reinstalled it, the mold disappeared. So I didn't report anything, assuming the issue was resolved. Apparently, I was wrong. I didn't know that when visible mold vanishes with airflow, it actually means the spores have gone airborne, and the source remains hidden in the walls, waiting for the right conditions to reappear. It never truly leaves. Had I known that, I would have reported it. I'm not a mold expert, and I didn't understand the severity of mold exposure until today.

IMPACT

This is a serious situation. I haven't been able to work, attend school, maintain a social life, or experience joy. I haven't been able to live or thrive for three years. **My life has been stolen by this illness—and so has the life of my emotional support animal, Luna**. Her first three years have been marked by my deterioration and her own sudden health issues.

ESA NEW ONSET CONDITIONS

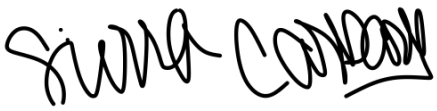
Soon after moving in, **Luna developed respiratory issues—including wheezing—not present before and not documented in her adoption or medical records, which I possess**. The mold

connection is evident. **She later developed two hotspot-like sores, uncommon in cats**. Given her emotional sensitivity and support role, I initially linked it to stress. But after confirming mold's role in her respiratory decline, I now believe her immune system is compromised, likely contributing to other underlying health issues.

CONCLUSION

I can't believe what I discovered today as of eight hours ago. I am documenting my time of which I expect to be compensated for. I've done my research. I have the data. I've spent the past three years holding systems legally accountable, and that's not stopping now. There's no chance the mold issue in this unit was unknown. The house is visibly sinking. Every time I mount my TV, the leveler reads true, but the ceiling disagrees—that discrepancy signals structural failure. This unit is collapsing and needs to be condemned.

Sincerely,



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Please see attached: "Complete Symptom Index: Mold Toxicity & Exposure"

Complete Symptom Index: Mold Toxicity & Exposure

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The following outlines medically recognized symptoms linked to chronic mold and mycotoxin exposure, whether from visible growth, airborne contaminants, or dormant environmental sources. Long-term contact with these toxins—regardless of visibility—can cause persistent physiological, neurological, and psychological harm. This list reflects the full scope of documented impacts associated with extended exposure in contaminated living conditions.

🧠 Neurological & Cognitive Symptoms

- Brain fog, memory loss, poor concentration
- Dizziness, vertigo, and impaired balance
- Tinnitus (ringing in ears)
- Headaches or migraines
- Neuropathy (numbness, tingling in extremities)
- Mood changes: anxiety, depression, irritability
- Insomnia or disrupted sleep cycles
- Visual disturbances or light sensitivity

🫁 Respiratory & Sinus Symptoms

- Chronic coughing, wheezing, shortness of breath
- Nasal congestion, postnasal drip, sinus infections
- Sore throat, hoarseness
- Asthma exacerbation or new onset
- Hypersensitivity pneumonitis (lung inflammation)

🩺 Systemic & Inflammatory Symptoms

- Chronic fatigue or flu-like exhaustion
- Muscle pain, joint pain, fibromyalgia-like symptoms
- Unexplained weight gain or loss
- Low-grade fevers or chills
- Swollen lymph nodes
- Increased sensitivity to chemicals or odors

🧬 Immune & Autoimmune Symptoms

- Frequent infections or suppressed immunity
- Mast cell activation (histamine intolerance, rashes)
- Autoimmune flare-ups (e.g., IBD, MS, lupus)
- Chronic inflammatory response syndrome (CIRS)

🫃 Digestive & Gastrointestinal Symptoms

- Nausea, vomiting, abdominal pain
- Bloating, diarrhea, constipation
- Food sensitivities or intolerance
- Malabsorption and nutrient deficiencies

🧍‍♀️ Dermatological Symptoms

- Skin rashes, eczema, hives
- Itchy skin, burning sensations
- Hair loss or brittle nails
- Unexplained bruising or discoloration

🫀 Cardiovascular & Circulatory Symptoms

- Irregular heartbeat or palpitations
- Poor circulation, cold extremities
- Blood pressure fluctuations

🧪 Hormonal & Metabolic Symptoms

- Thyroid dysfunction
- Adrenal fatigue
- Blood sugar instability
- Menstrual irregularities

🧠 Psychological & Behavioral Symptoms

- Panic attacks or emotional dysregulation
- Depersonalization or derealization
- Difficulty coping with stress
- Increased reactivity or sensory overload

🧪 Other Notable Signs

- Metallic taste in mouth
- Excessive thirst or dehydration
- Bed-wetting in children
- Symptoms that worsen in specific environments
- Symptoms that improve when away from the contaminated space